



# Teacher's Guide





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# Dear Florida teacher or youth worker:



We at the Florida Department of Agriculture and Consumer Services are concerned about our children's nutrition. Snacks that are low in nutrition and fiber and high in salt, sugar and fats can contribute to the growing problem of childhood obesity.

That is why we developed Xtreme Cuisine Cooking School. This program provides students with nutrition lessons and hands-on cooking opportunities to make their own healthy snacks using fresh Florida fruits, vegetables, low-fat dairy and high-fiber grain products.

Xtreme Cuisine Cooking School can be used by teachers in public and private settings, FFA leaders, Florida 4-H extension agents, health and family services professionals, and many other professionals who work with Florida youth.

This unique program teaches the nutritional attributes and other pertinent information about Florida agriculture commodities while providing basic cooking skills.

Please join us as we provide this nutrition education program for our children and fight childhood obesity. We hope you decide to implement this valuable program.



**Your Xtreme Cuisine team**





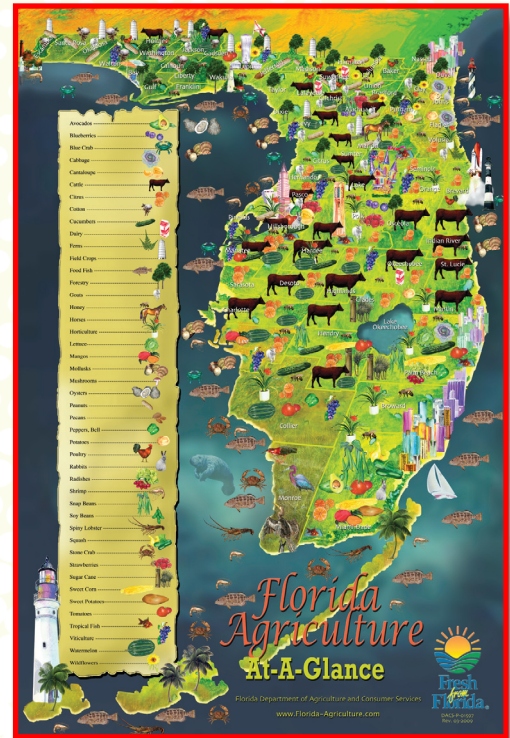
# Xtreme Cuisine Curriculum Components

All Xtreme Cuisine components (except classroom demonstration items) are provided for each student through the organizing class coordinator when a class is scheduled. Up to five of each demonstration item will be provided. At this time, teachers and other youth workers may schedule an unlimited number Xtreme Cuisine Cooking School classes. This is subject to change.

## Florida Agriculture At-A-Glance Poster

(demonstration item)

This 24" x 36" map of Florida provides an "at a glance" understanding of the growing regions of many Florida food and fiber commodities.

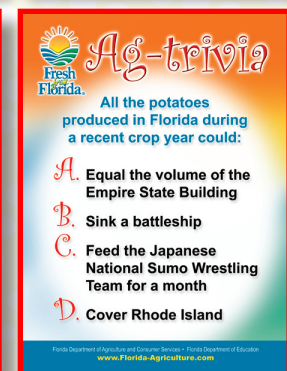
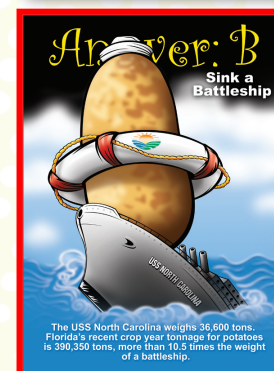
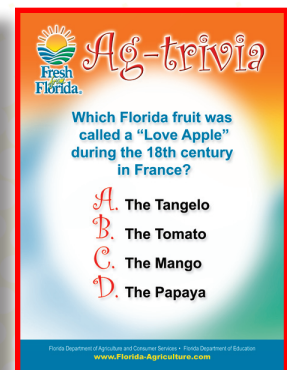
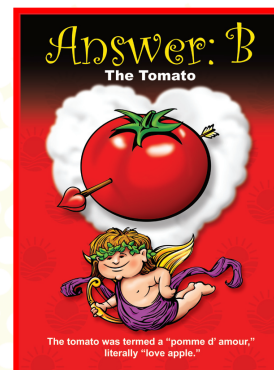


## Florida Ag Trivia Cards

(demonstration item)

These 9" x 12" oversized flash cards are a fun way to introduce Florida agriculture trivia to your students. From the origin of the word "love apple" to a fun connection with James Bond movies, your students will learn many unusual facts about our state's commodities. You may use these trivia cards in groups of three or four between nutrition and recipe lessons as suggested in the class schedule.

*Teacher tip: Take four 8 1/2" x 11" sheets of paper. Mark each sheet with a different letter - A, B, C or D. Hang these sheets of paper in each corner of your room. Use masking tape to separate the area into four equal units. Have students stand under each letter that they think is the correct multiple choice answer.*





# Xtreme Cuisine Know your Nutrition Activity Book

This activity book teaches students about the variety of Florida produce commodities that provide vitamins and minerals that can help prevent heart disease and other obesity-related illnesses. Students also learn the dangers caused by excessive amounts of salt, sugar and fats in their diet, and how fiber can eliminate their desire for high-calorie, low-nutrition snack foods. At the end of each session, students learn how many calories are needed for their age and gender, the vitamin and mineral content of many Florida fruits and vegetables, how to read a food nutrition label and much more.

## Xtreme Cuisine Kids' Cookbook

This cookbook is especially designed for young people. It provides cooking basics, knife safety and illustrated cooking terminology. Recipes are divided into sections for sandwiches, fruit snacks, vegetable snacks and main dishes. It also includes a section on Florida herbs and a handy ingredient substitution chart.

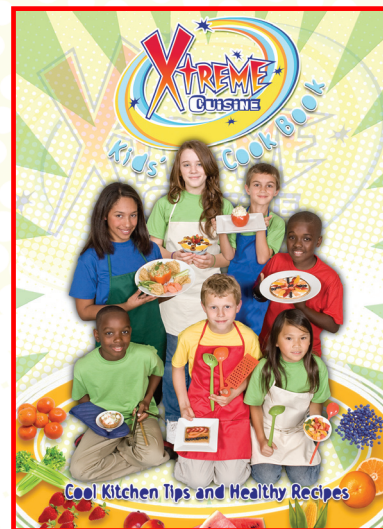
## Xtreme Cuisine How Many Calories Chart

Use this tool to gauge your middle school students' knowledge of their daily calorie requirements.

Go to [www.Florida-Agriculture.com/xtreme.htm](http://www.Florida-Agriculture.com/xtreme.htm) for link to PDF.



**Edition 4-2010**



**Edition 1-2011**

How Many Calories Do I Need? At my age and gender I need:	
1790	2200
3250	950
2800	2000
2900	1350



# Xtreme Cuisine Vegetable and Fruit Posters

(demonstration item)

Full-color photos identifying 20 top Florida vegetable and fruit commodities are displayed along with nutritional attributes and fun trivia facts on these glossy 24" x 36" posters.

**Florida VEGETABLES**

**Bell Peppers (Green)**  
Green in color, bell-shaped with 3 to 4 lobes.  
In season: October through June.  
Good source of Vitamin A, Vitamin C, Vitamin K.  
Contains per serving (1 cup): 100 calories, 10g sugar, 10g fiber.

**Bell Peppers (Red)**  
Dark red, bell-shaped with 3 to 4 lobes.  
In season: October through June.  
Good source of Vitamin A, Vitamin C, Vitamin K.  
Contains per serving (1 cup): 100 calories, 10g sugar, 10g fiber.

**Cabbage**  
Cucurbit vegetable with thick, waxy leaves.  
In season: November through June.  
Good source of Vitamin C, Vitamin K.  
Contains per serving (1 cup): 100 calories, 10g sugar, 10g fiber.

**Celery**  
Stalks of 10 to 12 inches long, with a green stalk and a green stalk.  
In season: October through June.  
Good source of Vitamin C, Vitamin K.  
Contains per serving (1 cup): 100 calories, 10g sugar, 10g fiber.

**Cucumber**  
Dark green, with white flesh.  
In season: October through June.  
Good source of Vitamin C, Vitamin K.  
Contains per serving (1 cup): 100 calories, 10g sugar, 10g fiber.

**Green Beans**  
Also called snap beans because of their snapping sound.  
In season: October through June.  
Good source of Vitamin C, Vitamin K.  
Contains per serving (1 cup): 100 calories, 10g sugar, 10g fiber.

**Mushrooms**  
Berried with long top in brown or white caps.  
In season: year-round.  
Good source of Vitamin B, Vitamin D.  
Contains per serving (1 cup): 100 calories, 10g sugar, 10g fiber.

**Potatoes**  
Coloring: white, yellow, or red.  
In season: year-round.  
Good source of Vitamin B, Vitamin C.  
Contains per serving (1 cup): 100 calories, 10g sugar, 10g fiber.

**Sweet Corn**  
Sweet corn kernels, often a grain surrounded by a green husk.  
In season: September through June.  
Good source of Vitamin B, Vitamin C.  
Contains per serving (1 cup): 100 calories, 10g sugar, 10g fiber.

**Tomatoes**  
A round, oblong, red vegetable.  
In season: October through June.  
Good source of Vitamin C, Vitamin K.  
Contains per serving (1 cup): 100 calories, 10g sugar, 10g fiber.

**How Many Servings Should You Eat?**  
Men, women, and children of different age groups each have their own fruit and vegetable needs. How active you are is also important.  
Little kids (ages 2 to 4) should eat a minimum of **5** servings a day.  
Older kids, teen girls, and active women should eat at least **7** servings a day.  
Teenage boys and active men should eat at least **9** servings a day.

**Fresh Florida**  
www.Florida-Agriculture.com

**FIT**  
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FRESH FROM FLORIDA

**Florida FRUIT**

**Avocado, Florida**  
Dark green skin with a small, dark brown seed.  
In season: year-round.  
Good source of Vitamin E, Vitamin K.  
Contains per serving (1 cup): 100 calories, 10g sugar, 10g fiber.

**Blueberries**  
Little clusters of small, blue berries.  
In season: April through June.  
Good source of Vitamin C, Vitamin K.  
Contains per serving (1 cup): 100 calories, 10g sugar, 10g fiber.

**Cantaloupe**  
A round, ribbed melon with a netted skin.  
In season: September through June.  
Good source of Vitamin C, Vitamin K.  
Contains per serving (1 cup): 100 calories, 10g sugar, 10g fiber.

**Carambola**  
A star-shaped fruit with a green skin.  
In season: August through March.  
Good source of Vitamin C, Vitamin K.  
Contains per serving (1 cup): 100 calories, 10g sugar, 10g fiber.

**Oranges**  
Medium to large, round, with a thick, orange peel.  
In season: October through June.  
Good source of Vitamin C, Vitamin K.  
Contains per serving (1 cup): 100 calories, 10g sugar, 10g fiber.

**Strawberries**  
Medium-sized red berries with green leaves.  
In season: January through June.  
Good source of Vitamin C, Vitamin K.  
Contains per serving (1 cup): 100 calories, 10g sugar, 10g fiber.

**Tangerines**  
Bright orange in color, round, with a thick, orange peel.  
In season: November through June.  
Good source of Vitamin C, Vitamin K.  
Contains per serving (1 cup): 100 calories, 10g sugar, 10g fiber.

**Watermelon**  
A large, round, green melon with a red, juicy interior.  
In season: June through September.  
Good source of Vitamin C, Vitamin K.  
Contains per serving (1 cup): 100 calories, 10g sugar, 10g fiber.

**How Many Servings Should You Eat?**  
Men, women, and children of different age groups each have their own fruit and vegetable needs. How active you are is also important.  
Little kids (ages 2 to 4) should eat a minimum of **5** servings a day.  
Older kids, teen girls, and active women should eat at least **7** servings a day.  
Teenage boys and active men should eat at least **9** servings a day.

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www.Florida-Agriculture.com

**FIT**  
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## Xtreme Cuisine Certificate

At the end of your session, your students will be proud nutrition experts and will be excited to show friends and family their Xtreme Cuisine certificate. Suitable for laser printers, each student's name can be added manually or digitally.

**Xtreme Cuisine**

**THIS CERTIFIES THAT**

**Has learned how to prepare healthy snacks at**

**Xtreme Cuisine Cooking School**

**Fresh Florida**  
A "Fresh From Florida" Production

**Xtreme Cuisine CLASS INSTRUCTOR**

Florida Department of Agriculture and Consumer Services • Adam R. Putnam, Commissioner of Agriculture





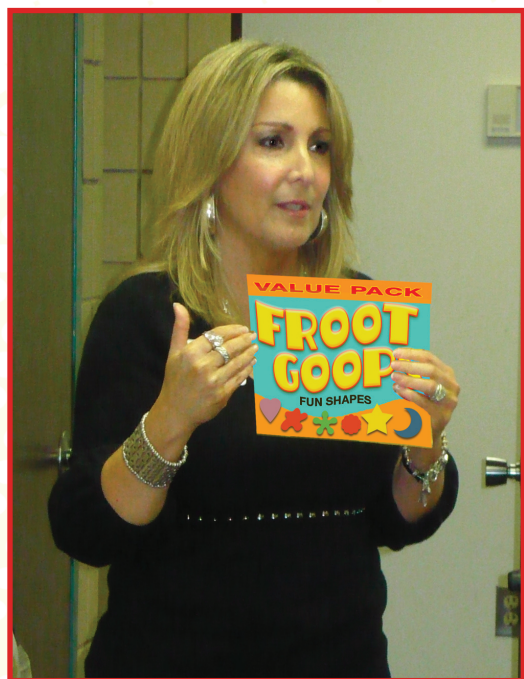
# Xtreme Cuisine Cooking School Class Schedule



A typical Xtreme Cuisine class schedule is provided below. This session is organized as a three-hour class. However coordinators may elect to shorten the class or divide into daily or weekly segments to accommodate students. This schedule assumes that coordinators will execute all four Xtreme Cuisine recipes included in the “Xtreme Cuisine Know your Nutrition Activity Book.” It is recommended that at least two coordinators jointly implement Xtreme Cuisine for no more than 20 students per session.

## Introduction

Time Subject	Resource (page)	Presenter
<b>0:00-0:10</b> <ul style="list-style-type: none"> <li>• Florida agriculture commodities</li> <li>• Nutrition introduction</li> <li>• Junk food</li> </ul>	<ul style="list-style-type: none"> <li>• Florida Agriculture At-A-Glance map</li> <li>Know your Nutrition (3)</li> <li>Know your Nutrition (3)</li> </ul>	Presenter A  Presenter A Presenter A
<b>0:10-0:20</b> <ul style="list-style-type: none"> <li>• Preparing a recipe</li> <li>• Knife safety skills</li> </ul>	Kids Cookbook (10) Kids Cookbook (9)	Presenter B  Presenter B







## Florida Fruit Parfait Lesson

The information below complements the Florida Fruit Parfait recipe provided on page 16 of the “Xtreme Cuisine Know your Nutrition Activity Book.” However, any recipe emphasizing Florida fruit – preferably blueberries, strawberries and citrus products – and low sugar, low-fat dairy ingredients is suitable.

*Teacher tips: You may substitute 9-ounce plastic tumblers for glasses. Write students’ names on masking tape and place on each tumbler before placing in freezer. Plastic cups can be used to separate and distribute recipe ingredients to students.*

Time	Subject	Resource (page)	Presenter
<b>00:20 - 00:40</b>	<ul style="list-style-type: none"> <li>• Kitchen basics</li> <li>• Florida Fruit Parfait lesson</li> <li>• Fruit information</li> <li>• How many food groups?</li> </ul>	Kids’ Cookbook (4) Know your Nutrition (16) Know your Nutrition (6,18,19) Know your Nutrition (4,11)	Presenter B Presenter B Presenter A Presenter A
<b>00:40 - 0:55</b>	<ul style="list-style-type: none"> <li>• Sugar</li> <li>• High sugar foods</li> <li>• Calorie chart</li> </ul>	Know your Nutrition (7) Examples* Poster (website)	Presenter A Presenter A Presenter B
<b>0:55-1:05</b>	<ul style="list-style-type: none"> <li>• 1st Ag Trivia Cards (3 or 4)</li> </ul>	Any	Either







# Florida Vegetable Pizza Lesson

The information below complements the Florida Vegetable Pizza recipe provided on page 17 of the “Xtreme Cuisine Know your Nutrition Activity Book.” However, any recipe emphasizing Florida vegetables – preferably tomatoes, peppers and mushrooms – and whole grain food products is suitable.

*Teacher tip: Plastic cups can be used to separate and distribute recipe ingredients to students. Cover sheet pans with parchment paper and use a permanent marker to identify students’ pizzas.*

Time	Subject	Resource (page)	Presenter
<b>1:05-1:25</b>	<ul style="list-style-type: none"> <li>• Florida Vegetable Pizza lesson</li> <li>• Fiber, whole-wheat</li> <li>• Cooking glossary</li> <li>• Tomatoes, bell peppers mushrooms</li> <li>• Fiber foods</li> </ul>	Know your Nutrition (8,17) Know your Nutrition (9) Kids’ Cookbook (43) Know your Nutrition (8, 20-21)  Examples**	Presenter B Presenter A Presenter B Presenter A  Presenter A
<b>1:25-1:35</b>	<ul style="list-style-type: none"> <li>• Eat pizza</li> <li>• Nutrition label</li> </ul>	Know your Nutrition (14) Examples***	Presenter A
<b>1:35-1:45</b>	<ul style="list-style-type: none"> <li>• 2nd Ag trivia cards (3 or 4)</li> </ul>	Any	Presenter B







# Roasted Corn Relish Lesson

The information below complements the Roasted Corn Relish recipe provided on page 16 of the “Xtreme Cuisine Know your Nutrition Activity Book.” However, any recipe emphasizing Florida high-fiber vegetables, grains and herbs would be suitable.

*Teacher tip: Roast corn unwrapped for 15 to 20 minutes or until kernels begin to brown. Monitor students closely as they cut the corn from the cob. Plastic cups can be used to separate and distribute recipe ingredients to students. Allow students to use 8 to 16 ounce plastic food containers for mixing.*

Time	Subject	Resource (page)	Presenter
1:45-2:10	<ul style="list-style-type: none"> <li>• Roasted Corn Relish</li> <li>• Good things about corn (or any vegetable)</li> <li>• Herbs</li> <li>• How many cups?</li> <li>• How much is a cup?</li> </ul>	Know your Nutrition (16)	
		Know your Nutrition (21)	Presenter A
		Kids’ Cookbook (38)	Presenter B
		Know your Nutrition (11,12)	Presenter A
		Know your Nutrition (12), Examples****	
2:10-2:20	<ul style="list-style-type: none"> <li>• Can you measure up quiz</li> <li>• Substitutions and equivalents</li> <li>• Eat corn relish</li> </ul>	Know your Nutrition (13)	Presenter A
		Kids’ Cookbook (44)	Presenter B
	<ul style="list-style-type: none"> <li>• 3rd Ag trivia cards (3 or 4)</li> <li>• Nutrition Quiz</li> </ul>		Presenter B
		Know your Nutrition (10)	Presenter A







# Steamed Cabbage Wrap Lesson

The information below complements the Steamed Cabbage Wrap recipe provided on page 17 of the “Xtreme Cuisine Know your Nutrition Activity Book.” However, it would be suitable to substitute lettuce or vegetable burrito style wraps if cabbage is not available.

*Teacher tips: The recipe on page 17 provides microwave instructions for individual preparation. Cabbages for a group of 20 can be steamed in (2) 6-quart steamers. Fill  $\frac{3}{4}$  full with water. Steam until leaves are tender. Remove outer layers, separate and use full leaves that are approximately 5 inches or greater in width. Plastic cups can be used to separate and distribute recipe ingredients to students.*

Time	Subject	Resource (page)	Presenter
2:20-2:30	<ul style="list-style-type: none"> <li>Steamed cabbage wrap recipe</li> </ul>	Know your Nutrition (17, 20)	Presenter B
2:30-2:40	<ul style="list-style-type: none"> <li>Eat cabbage rolls</li> </ul>		
2:40-2:50	<ul style="list-style-type: none"> <li>4th Ag trivia cards (3 or 4)</li> </ul>	Any	Presenter A
2:50	<ul style="list-style-type: none"> <li>Eat fruit parfait (remove from freezer)</li> </ul>		
2:55	<ul style="list-style-type: none"> <li>Clean up, questions, certificates</li> </ul>		Presenter B





# Xtreme Cuisine Facility Checklist

When choosing a facility, remember to consider the logistics of food preparation and classroom organization.

## Your facility must have:

- ☐ Tables and chairs for the number of attending students and guests.
- ☐ One demonstration area.
- ☐ One working oven and stove.
- ☐ One utility cart.
- ☐ One working sink.
- ☐ One standard refrigerator, preferably two. The refrigerator should be two-thirds empty. The freezer portion should be completely empty.
- ☐ One or two preparation area(s). You should also consider the schedule of the facility. You may need several hours to organize your menu items prior to your class.





# Xtreme Cuisine Cooking School Shopping List

(Supplies for a class of 20)

Although recipe ingredients are supplied, a large quantity shopping list including optional items is provided below. This shopping list provides food and dry goods for a class of 20 using the “Xtreme Cuisine Know Your Nutrition Activity Book” recipes.

## **Plastic and paper supplies**      **Quantity**

- Plastic spoons and forks      100
- Paper plates (9-inch)      100
- Quart-sized plastic bags      1 carton  
(for leftovers)
- Paper towels      3 rolls
- Clear plastic cups (5 ounce)      200
- Masking tape      1 roll
- (Miscellaneous, Ag Trivia)
- Permanent markers      2
- Colored tablecloths (plastic)      4 -10
- Parchment paper      1 roll
- Disposable small plastic food containers      20
- Clear plastic cups (9-ounce)      20

## **Dry Goods**      **Quantity**

- Bottled water (8, 12 or 16 ounce)      20
- Cumin, Italian seasoning, salt, pepper      1 vial each
- Healthy Choice tomato sauce large jar (32 ounce)      2
- Whole pecans (16-ounce)      2 bags
- Whole wheat pita rounds-single serving size      20
- Optional Florida Fruit Parfait item:
  - Granola      1 container
- Optional pizza items:
  - Dried mango (6 - 8 ounce package)      2
  - Sliced ripe olives (large cans)      4 cans
  - Canned pineapple tidbits      3 cans
- Optional cabbage wrap item:
  - Low-fat honey mustard      1 bottle





# Shopping List continued

## Kitchen supplies

*School lunchrooms may have many of these items*

## Quantity

- Large plastic food storage containers 10
- Small ladle 1 or 2
- Chef's knife 1 or 2
- Half sheet pans 4
- Pizza cutters 1 or 2
- Lunchroom trays 10
- Paring knives 20 (1 each)
- Sheet pans and Speed rack 17
- Steamers or large pots 2 or 3

## Fresh produce

## Quantity

- Strawberries (quarts) 6
- Blueberries (pints) 5
- Sweet corn (whole ears) 20
- Cherry tomatoes (pints) 5
- Red onion (medium onions) 5
- Cilantro (bunches) 3
- Limes (whole) 10
- Green peppers (whole) 6
- Sliced mushroom (pints) 4
- Green cabbage (large heads) 5
- Tomatoes for slicing (large) 5
- Yellow onion for slicing (large) 3

## Refrigerated items

## Quantity

- Low-fat vanilla yogurt (6 or 8 ounce) single serve 20
- Low-fat mozzarella cheese (shredded) 4 large bags
- Low-fat turkey breast (deli style, thinly sliced) 20 slices
- Optional cabbage wrap item: Low-fat sliced cheese 20 slices





## Optional demonstration foods

### \* Sugar content:

- Cereal bars 1 package
- High-sugar cereal 1 package
- Any other high-sugar item

### \*\*Fiber content:

- Spaghetti 1 package  
(whole-wheat and refined wheat)
- High-fiber cereal 1 package

### \*\*\*Nutrition label:

The following foods are examples of labeled foods that will help students investigate a nutrition label:

- Vitamin A content:  
Light leafy greens and dark leafy greens  
(prepackaged)
- Fat content:  
High-fat and low-fat salad dressing,  
yogurt and regular sour cream

### \*\*\*\*Serving Sizes:

- Measuring cups (1 cup) 2  
Add blueberries, diced strawberries  
or other diced commodities  
to demonstrate a serving size.
- Whole fruit 1
- Celery (stalks) 2
- 6 or 8 ounce glass 1

## Miscellaneous

- Disposable cutting boards 20
- Name tags 20
- Pre- and post-test duplication 20 each

## Optional miscellaneous

- Large A, B,C, D letters (Ag Trivia Game) 1 each
- Live herb plants in soil 4





# Be an Xtreme Cuisine Partner

If you would like to bring Xtreme Cuisine to your community:

1. Visit us at [www.Florida-Agriculture.com/xtreme.htm](http://www.Florida-Agriculture.com/xtreme.htm)
2. Set up one or more classes within your youth education setting. Classes of 20 students or fewer is optimal.
3. Download the “Xtreme Cuisine Partner Application” under resources. Fill it out completely. E-mail, fax or mail as noted on the top of the application. (See page 15 for application example.)

*NOTE: Curriculum material and the shipping of material is available to your program at no charge. However coordinators, their employer, the recipient school or any other donating agency should plan to absorb the costs of food, travel and other aspects of implementation.*

- A** To document more than five classes, please duplicate the application form and add the remaining classes on the duplicate sheet. (See page 15 for application example.)

## Xtreme Cuisine Partner Application

When filling out an Xtreme Cuisine Partner Application:

- B** Please estimate the approximate dollar value you or your agency will contribute to this program. (See page 15 for application example.)
- C** Donations from other sources (grocery stores, grants, health clubs, etc.) should be accounted for under “in-kind” expenses. (See page 15 for application example.)

Go to [www.Florida-Agriculture.com/xtreme.htm](http://www.Florida-Agriculture.com/xtreme.htm) to submit an application in Microsoft Word.

Florida Department of Agriculture and Consumer Services  
Division of Marketing and Development  
407 S. Calhoun Street  
Tallahassee, Florida 32399-0800





## Xtreme Cuisine Partnership Application



Please complete the following form and  
Email to Arlette.Roberge@FreshFromFlorida.com or  
Fax to Arlette Roberge at (850) 488-7127 or  
Mail to: 407 S. Calhoun Street, Tallahassee, Florida 32399-0800  
Phone: (850) 922-9828 Fax: (850) 488-7127



### Coordinator Information

Coordinator name:   
Organization or agency:   
Office phone number: (  )  Coordinator cell phone: (  )   
Coordinator e-mail address:

### Class information

I will conduct  (Number of classes) "Xtreme Cuisine" class(es) on the following dates **and** times:

**A** 1)  /  /  at  2)  /  /  at  3)  /  /  at  4)  /  /  at  5)  /  /  at

There will be  (Number of students) in each class.

"Xtreme Cuisine" will be held at the following location: (Facility name)

Address:  City:

Zip code:  Location phone number: (  )

### Resource information

Number of people who will coordinate and/or assist with this/these events:

Approximate number of total hours (of all volunteers) of time spent:

(Please include hours spent in all areas of organization including travel, student and volunteer recruitment, promotion, recipe planning, setup, class implementation and cleanup)

**B** Provide the approximate dollars to be contributed by your agency in the following areas:

Trainer travel expenses \$  Supplies \$  Promotion \$   
(including hotels, transportation, gas and meals) (including shipping, food, cooking supplies) (advertising, copy service, display materials)

**C** Provide the approximate in-kind dollar value (donations) to be received for these classes in the following areas:

Food \$  Supplies \$  Promotional item \$  Other \$

Please check or **x** the space if you agree with the following statement:

- ☐ I will distribute and collect model release forms specifying whether the Florida Department of Agriculture has permission to use each student's image for publicity purposes. (Forms will be supplied by "Fresh from Florida")
- ☐ I will allow a Florida Department of Agriculture representative to attend and photograph these classes.
- ☐ I agree that students are able to use standard kitchen knives

"Fresh from Florida" will provide curriculum and nutrition education material for the event.

The correct address for shipment of all literature is:

Location (Facility name)   
Address  City  Zip code   
Location phone number (  )  These items should arrive by (Date)



# Florida Educational Standards Correlation

## Xtreme Cuisine Know Your Nutrition Activity Book

### Next Generation Sunshine State Standards 3rd - 5th Grade

#### Health Education

HE.3.C.1.1	Pages 3-19
HE.3.B.1.1	Pages 3-19
HE.3.B.1.3	Pages 3-19
HE.3.B.3.3	Pages 3-19
HE.3.B.3.5	Pages 3-19
HE.4.C.1.1	Pages 3-19
HE.4.B.1.1	Pages 3-19
HE.4.B.1.3	Pages 3-19
HE.4.B.3.3	Pages 3-19
HE.4.B.3.5	Pages 3-19
HE.4.B.3.6	Pages 3-19
HE.5.C.1.1	Pages 3-19
HE.5.B.1.1	Pages 3-19
HE.5.B.1.3	Pages 3-19
HE.5.B.3.3	Pages 3-19
HE.5.B.3.5	Pages 3-19
HE.5.B.3.6	Pages 3-19

#### Mathematics

MA.3.A.1.2	Page 11
MA.3.A.2.1	Pages 10-13
MA.3.A.2.2	Pages 10-13
MA.3.A.4.1	Pages 10-13
MA.3.A.6.2	Pages 10-13
MA.3.S.7.1	Pages 10-13
MA.4.A.1.1	Pages 10-13
MA.4.A.6.3	Pages 10-13
MA.5.A.2.1	Pages 10-13
MA.5.A.2.2	Pages 10-13

#### Physical Education

PE.3.L.2.12	Pages 12-13
PE.4.L.2.13	Pages 3, 9-11
PE.5.L.2.12	Page 14-19

#### Science

SC.3.L.14.1	Page 7
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#### Language Arts/Reading

LA.3.1.6.1	Pages 3-19
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## **Nutrition Quiz Answers**

1. 3
2. Blueberries
3. Tomatoes
4. Cancer
5. Mushrooms
6. Saturated fat, sugar or salt
7. Fats
8. Fiber
9. 3
10. Beans, fish and nuts

## **"Can you measure up?" Answers**



1. 2 cups
2. 1½ cups
3. 1½ cups each
4. 1 cup
5. 2½ cups





Florida Department of Agriculture  
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